

# Dance

Some of our dance classes are a part of a continuous year-round program with open registration occurring in August of each year. These classes are identified as **Teacher Discretion\***.

Once a class is filled, a waiting list is established. Students who enroll in August for the Fall 2008 session are able to remain in the program for an entire year, as long as they re-enroll by the "priority" deadline given for each session. This "priority" registration is only for the class in which a student is currently enrolled.

- Continuing students may register in advance for all sessions listed in the current brochure.
- If you miss the "priority" deadline, your space will be given to the next person on the waiting list.
- When your name is placed on a waiting list, you will be called only if there is an opening. When you are called, you will have 24 hours in which to respond. Otherwise, we will assume that you are not interested, remove your name from the list and proceed to the next child.
- Students may be admitted throughout the year, if space permits. Contact the center where the class is held for vacancies. If the class you desire is full, request that your name be placed on the waiting list.
- Instructor approval is required for all Levels II and above.
- The Carlsbad Recreation Department does not include recitals, exhibitions, or competitions as part of its programming or fees. These events, which may or may not be offered by individual instructors, are considered optional for participants and may include additional fees/costs.
- The first 10 minutes of class will be used to take roll, answer questions and make announcements.

## Ballet I: Beginner ♥

Ballet I introduces the young dancer to the very basic positions of the feet and simple exercises using the ballet barre. Learning to follow directions as well as good posture and grace are developed with fun movements done in the center and on the floor using their creativity and self-expression to classical music that they will become familiar with.

### Harding Community Center: Recreation Hall

**Instructor: Linda Wilkerson**

**Age: 3Y - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38411	1:30-2:15pm	Th	Sep 11-Oct 16	6c	\$33/\$43
38412	1:30-2:15pm	Th	Oct 30-Dec 18	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>
38413	2:15-3:00pm	Th	Sep 11-Oct 16	6c	\$33/\$43
38414	2:15-3:00pm	Th	Oct 30-Dec 18	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

### Stagecoach Community Center: Activity Room

**Instructor: Colleen Phillips**

**Age: 3Y - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38417	1:00-1:45pm	Th	Sep 11-Oct 16	6c	\$33/\$43
38418	1:00-1:45pm	Th	Oct 30-Dec 18	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

**An introduction to the art of ballet.** Poise, grace and confidence, as well as learning to follow directions, are part of the training students will be receiving. The class always begins at the barre with warm-up exercises and a stretch. Learning the French terminology for all the steps is part of all ballet classes.

### Harding Community Center: Recreation Hall

**Instructor: Linda Wilkerson**

**Age: 6Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38415	3:00-4:00pm	Th	Sep 11-Oct 16	6c	\$33/\$43
38416	3:00-4:00pm	Th	Oct 30-Dec 18	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

## Ballet I-II ♥

**Teacher Discretion:** Class will help little dancers grow by introducing new steps and emphasizing correct body mechanics. Good posture, grace and musicality are fostered. Children are exposed to ballet terminology and history. Class will consist of an instructor led warm up and stretch, a basic barre, exercises across the floor and in center. Exercises, games and dances will reinforce coordination skills, musicality and a growing familiarity with ballet steps.

### Stagecoach Community Center: Activity Room

**Instructor: Colleen Phillips**

**Age: 4Y - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38421	2:00-2:45pm	Th	Sep 11-Oct 16	6c	\$33/\$43
38422	2:00-2:45pm	Th	Oct 30-Dec 18	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

## Ballet II ♥

**Teacher Discretion:** Class will grow little dancers by introducing new steps and emphasizing correct body mechanics. Good posture, grace and musicality are fostered. Children are exposed to ballet terminology and history. Class will consist of an instructor led warm-up and stretch, a basic barre, and exercises across the floor and in center. Exercises, games and dances will reinforce coordination skills, musicality, and a growing familiarity with ballet steps.

### Calavera Hills Community Center: Activity Room

**Instructor: Colleen Phillips**

**Age: 5Y - 7Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38424	3:00-3:45pm	Tu	Sep 9-Oct 14	6c	\$33/\$43
38425	3:00-3:45pm	Tu	Oct 28-Dec 16	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

### Stagecoach Community Center: Activity Room

**Instructor: Colleen Phillips**

**Age: 5Y - 7Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38426	2:45-3:40pm	Th	Sep 11-Oct 16	6c	\$33/\$43
38427	2:45-3:40pm	Th	Oct 30-Dec 18	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

### Harding Community Center: Recreation Hall

**Instructor: Linda Wilkerson**

**Age: 6Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38428	3:00-3:55pm	W	Sep 10-Oct 15	6c	\$33/\$43
838429	3:00-3:55pm	W	Oct 29-Dec 17	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

## Ballet II-III ♥

**Teacher Discretion:** Prerequisite of 2 years of Ballet I or mastery of Ballet I curriculum. Ballet II-III is for the dancer who is ready for the challenge of improving their skills that were learned in the previous level and who are ready for more complicated combinations and patterns. Learning of ballet terminology continues as new steps are introduced.

### Harding Community Center: Recreation Hall

**Instructor:** Linda Wilkerson

**Age:** 8Y - 18Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38433	4:00-5:30pm	Th	Sep 11-Oct 16	6c	\$49/\$59
38434	4:00-5:30pm	Th	Oct 30-Dec 18	7c	\$57/\$67

### Stagecoach Community Center: Activity Room

**Instructor:** Candice Kaal-Jack

**Age:** 7Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38436	3:00-4:00pm	M	Sep 8-Oct 13	5c	\$27 <sup>50</sup> /\$37 <sup>50</sup>
38437	3:00-4:00pm	M	Oct 27-Dec 15	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

## Ballet II-III: Lyrical ♥

**Teacher Discretion:** Requires 2 years of Ballet. For the dancer who is looking to improve on technique and performance. Class consists of warm-up exercises at the barre and stretch at the barre or on the center floor. Learn combinations with turns, jumps, leaps and layouts. All done to contemporary music. This class incorporates Lyrical and Ballet.

### Harding Community Center: Recreation Hall

**Instructor:** Linda Wilkerson

**Age:** 7Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38440	4:00-4:45pm	M	Sep 8-Oct 6	5c	\$27 <sup>50</sup> /\$37 <sup>50</sup>
38441	4:00-4:45pm	M	Oct 27-Dec 15	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

## Ballet III ♥

**Teacher Discretion:** Requires demonstrated mastery of Ballet II-III curriculum – clean double pirouette, 90 degree extension, strong center, demonstrated understanding of proper placement, proficient grasp of Ballet II-III steps and terminology. Recommend 2 years experience in Ballet II-III. Students will work on refining their personal understanding of proper technique and placement.

### Harding Community Center: Recreation Hall

**Instructor:** Candice Kaal-Jack

**Age:** 9Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38541	3:15-4:15pm	Tu	Sep 9-Oct 14	6c	\$33/\$43
38542	3:15-4:15pm	Tu	Oct 28-Dec 16	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

### Stagecoach Community Center: Activity Room

**Instructor:** Candice Kaal-Jack

**Age:** 9Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38443	4:00-5:00pm	M	Sep 8-Oct 6	5c	\$27 <sup>50</sup> /\$37 <sup>50</sup>
38444	4:00-5:00pm	M	Oct 27-Dec 15	8c	\$44/\$54

## Ballet III: Lyrical, Advanced ♥

**Teacher Discretion:** This class incorporates Lyrical and Ballet. This class is for serious young dancers looking to improve on technique and performance.

### Harding Community Center: Recreation Hall

**Instructor:** Colleen Phillips

**Age:** 8Y - 13Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38446	2:00-3:30pm	Sa	Sep 13-Oct 18	6c	\$49/\$59
38447	2:00-3:30pm	Sa	Nov 1-Dec 20	7c	\$57/\$67

## Ballet III-IV ♥

**Teacher Discretion:** Level III-IV will focus on proper execution and technique. Class will consist of about 30 minutes at the barre followed by stretching. Center and combinations across the floor will include working on various pirouettes, jetes, double and triple piques, grand fouette, attitude turns as well as petit allegro, and adagio will be included. This class is for the young dance enthusiast and proper dance attendance is a must.

### Harding Community Center: Recreation Hall

**Instructor:** Linda Wilkerson

**Age:** 8Y - 18Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38450	4:45-5:45pm	M	Sep 8-Oct 6	5c	\$27 <sup>50</sup> /\$37 <sup>50</sup>
38451	4:45-5:45pm	M	Oct 27-Dec 15	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

### Stagecoach Community Center: Activity Room

**Instructor:** Candice Kaal-Jack

**Age:** 9Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38453	5:00-6:00pm	M	Sep 8-Oct 6	5c	\$27 <sup>50</sup> /\$37 <sup>50</sup>
38454	5:00-6:00pm	M	Oct 27-Dec 15	8c	\$44/\$54

## Ballet III-IV: Lyrical ♥

**Teacher Discretion:** Requires 3 years of ballet. For the dancer who is looking to improve on technique and performance. Class consists of warm-up exercises and a stretch at the barre or out on the center floor to help develop balance and coordination. Learn more advanced combinations with turns, jumps, leaps and layouts. All done to contemporary music.

### Harding Community Center: Recreation Hall

**Instructor:** Colleen Phillips

**Age:** 10Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38461	10:00-11:00am	Sa	Sep 13-Oct 18	6c	\$33/\$43
38462	10:00-11:00am	Sa	Nov 1-Dec 20	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

### Harding Community Center: Recreation Hall

**Instructor:** Linda Wilkerson

**Age:** 9Y - 18Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38458	5:45-6:30pm	M	Sep 8-Oct 6	5c	\$27 <sup>50</sup> /\$37 <sup>50</sup>
38459	5:45-6:30pm	M	Oct 27-Dec 15	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

## Ballet IV: Pre Pointe and Pointe ♥

**Teacher Discretion:** This class builds on previous ballet experience, and focuses on fine tuning techniques and working on advanced combinations.

### Harding Community Center: Recreation Hall

**Instructor:** Candice Kaal-Jack

**Age:** 11Y - 18Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38465	4:15-5:15pm	Tu	Sep 9-Oct 14	6c	\$33/\$43
38466	4:15-5:15pm	Tu	Oct 28-Dec 16	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

### Harding Community Center: Recreation Hall

**Instructor:** Colleen Phillips

**Age:** 11Y - 18Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38467	5:15-6:15pm	F	Sep 12-Oct 17	6c	\$33/\$43
38468	5:15-6:15pm	F	Oct 31-Dec 19	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

### Stagecoach Community Center: Activity Room

**Instructor:** Candice Kaal-Jack

**Age:** 9Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38463	6:00-6:55pm	M	Sep 8-Oct 6	5c	\$27 <sup>50</sup> /\$37 <sup>50</sup>
38464	6:00-6:55pm	M	Oct 27-Dec 15	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

## Ballet IV-V: Lyrical ♥

**Teacher Discretion:** Emphasis of the first part of class will focus on traditional ballet technique using the barre and then stretching in the center, followed by across the floor. At center, dancers will be taught a lyrical combination which will combine both ballet technique and various jazz styles.

### Harding Community Center: Recreation Hall

**Instructor:** Colleen Phillips

**Age:** 12Y - 18Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38469	12:00-1:00pm	Sa	Sep 13-Oct 18	6c	\$33/\$43
38470	12:00-1:00pm	Sa	Nov 1-Dec 20	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

## Lyrical ♥

**Teacher Discretion.** Continued emphasis in the first part of class to focus on traditional ballet technique using the barre and then stretching in the center, followed by across the floor. At center, dancers will be taught a lyrical combination which will combine both ballet technique and various jazz styles.

### Place: Calavera Hills Community Center: Activity Room

**Instructor:** Colleen Phillips

**Age:** 12Y - 18Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38752	5:45-6:45pm	Tu	Sep 9-Oct 14	6c	\$33/\$43
38753	5:45-6:45pm	Tu	Oct 28-Dec 16	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

## Belly Dancing ♥

### Adult Beginning

Are you tired of exercise? Experience belly dancing with instructor and performer, Nicki Vaccar! It's a great way to tone, stretch and strengthen your body learning this Mid-Eastern art form. Sway, glide and drift through the desert sands of Egypt. Unveil the dancer within. Begin with technique, isolation, rotation, shimmies and snake arms. Learn the rhythm of zills and how to wrap your veil for Ali Baba. Zills, hip wraps and veils are available for purchase at class.

### Calavera Hills Community Center: Activity Room

**Instructor:** Nicki Vaccar

**Age:** 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38672	7:15-8:15pm	M	Sep 8-Oct 20	5c	\$46/\$56
38673	7:15-8:15pm	M	Oct 27-Dec 1	6c	\$46/\$56

### Adult Beginning/Intermediate

This class is designed to build upon skills obtained in Beginning Belly Dancing with instructor and performer Nicki Vaccar. Advancing in veils, zills, dance combinations, a choreographed dance and continuing technique. Enrollment in this class is per instructor discretion. Costumes and hip wraps are available for purchase at class.

### Calavera Hills Community Center: Activity Room

**Instructor:** Nicki Vaccar

**Age:** 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38679	8:15-9:30pm	M	Sep 8-Oct 20	6c	\$46/\$56
38680	8:15-9:30pm	M	Oct 27-Dec 1	6c	\$46/\$56

### Gypsy Style

Learn feminine dance steps done to beautiful music! A basic class learning Lebanese-style Belly Dance movements with gypsy energy and attitude! Great class for toning, flexibility, core strength and fitness. Instructor has been a professional belly dancer for 12 years, has taught this dance style for 7 years and fitness classes since 1981.

### Stagecoach Community Center: Activity Room

**Instructor:** Vicki Deriso

**Age:** 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38824	6:00-7:00pm	Tu	Sep 9-Oct 14	6c	\$42/\$52
38825	6:00-7:00pm	Tu	Oct 28-Dec 9	6c	\$42/\$52

## Country Line Dance ♥

Come on out and click your heels! A fun class dancing basic and intermediate line dance routines to Country and Contemporary music. 6 to 8 dances taught with variations and options encouraged. Great for beginners and experienced line dancers. Health benefits include toning, flexibility, muscle strength and cardiovascular fitness. Instructor has been teaching fitness classes since 1981 and line dance classes for 3 years. Soft-soled shoes only, no boots or taps.

### Stagecoach Community Center: Activity Room

**Instructor:** Vicki Deriso

**Age:** 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38826	7:15-8:15pm	Tu	Sep 9-Oct 14	6c	\$42/\$52
38827	7:15-8:15pm	Tu	Oct 28-Dec 9	6c	\$42/\$52

**Teacher Discretion** has been established for the safety of the participant as well as for the enjoyment of the class. A minimum skill set is required to attend a teacher discretion class and enrollment is available on a priority basis only.

## Hip Hop

### Beginner

Learn the latest hip hop moves. Class starts with a funky warm-up. Then learn some jammin' moves and variations.

#### Stagecoach Community Center: Activity Room

**Instructor:** Colleen Phillips

**Age:** 7Y - 9Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
39154	4:45-5:40pm	Th	Sep 11-Oct 16	6c	\$33/\$43
39155	4:45-5:40pm	Th	Oct 30-Dec 18	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

#### Stagecoach Community Center: Activity Room

**Instructor:** Colleen Phillips

**Age:** 10Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38472	5:45-6:40pm	Th	Sep 11-Oct 16	6c	\$33/\$43
38473	5:45-6:40pm	Th	Oct 30-Dec 18	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

### Hip Hop I-II

Students will learn the latest Hip Hop moves at a fast pace. Building strength and technique will help prepare for the next level.

#### Harding Community Center: Recreation Hall

**Instructor:** Colleen Phillips

**Age:** 7Y - 11Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38477	1:15-2:00pm	Sa	Sep 13-Oct 18	6c	\$33/\$43
38769	1:15-2:00pm	Sa	Nov 1-Dec 20	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

#### Harding Community Center: Recreation Hall

**Instructor:** Colleen Phillips

**Age:** 9Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38475	3:15-4:15pm	F	Sep 12-Oct 17	6c	\$33/\$43
38476	3:15-4:15pm	F	Oct 31-Dec 19	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

### Hip Hop II

**Teacher Discretion:** This class builds on Hip Hop I-II.

#### Harding Community Center: Recreation Hall

**Instructor:** Colleen Phillips

**Age:** 9Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38478	6:15-7:15pm	F	Sep 12-Oct 17	6c	\$33/\$43
38479	6:15-7:15pm	F	Oct 31-Dec 19	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

### Hip Hop III

**Teacher Discretion:** Class builds upon techniques learned in Hip Hop I-II. Focus will be on isolation and cleaning technique and movement.

#### Harding Community Center: Recreation Hall

**Instructor:** Colleen Phillips

**Age:** 12Y - 18Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38481	11:00am-12:00pm	Sa	Sep 13-Oct 18	6c	\$33/\$43
38482	11:00am-12:00pm	Sa	Nov 1-Dec 20	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

### Hip Hop Advanced

**Teacher Discretion:** This class builds on prior dance experience. Students will learn the latest Hip Hop moves at a fast pace. Performance skills and a head freeze are required.

#### Calavera Hills Community Center: Activity Room

**Instructor:** Colleen Phillips

**Age:** 12Y - 18Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38485	8:00-9:00pm	Tu	Sep 9-Oct 14	6c	\$33/\$43
38486	8:00-9:00pm	Tu	Oct 28-Dec 16	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

## Hip Hop Tricks

Learn breakin' moves, head freezes, stalls and other various Hip Hop tricks. This is a fun class designed for all ages.

#### Harding Community Center: Recreation Hall

**Instructor:** Colleen Phillips

**Age:** 9Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38765	7:15-7:45pm	F	Sep 12-Oct 17	6c	\$16 <sup>50</sup> /\$26 <sup>50</sup>
38766	7:15-7:45pm	F	Oct 31-Dec 19	7c	\$19 <sup>25</sup> /\$29 <sup>25</sup>

## Jazz II-III

**Teacher Discretion:** Level II-III students will build on previous steps and also begin to focus on proper technique. Dancers continue to work on pirouettes (single/double), Russians, hitch kicks, fan kicks, and all three splits.

#### Calavera Hills Community Center: Activity Room

**Instructor:** Colleen Phillips

**Age:** 7Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38539	3:45-4:45pm	Tu	Sep 9-Oct 14	6c	\$33/\$43
38540	3:45-4:45pm	Tu	Oct 28-Dec 16	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

#### Stagecoach Community Center: Activity Room

**Instructor:** Colleen Phillips

**Age:** 7Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38487	3:00-4:00pm	W	Sep 10-Oct 15	6c	\$33/\$43
38488	3:00-4:00pm	W	Oct 29-Dec 17	8c	\$44/\$54

## Jazz III

**Teacher Discretion:** Level III jazz has an emphasis on strengthening and flexibility as well as advanced jumps and turns will be introduced. Large second jumps, axles, chaine turn combinations, battement combinations, tilts and leg lifts will be introduced.

#### Calavera Hills Community Center: Activity Room

**Instructor:** Colleen Phillips

**Age:** 9Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
39158	4:45-5:45pm	Tu	Sep 9-Oct 14	6c	\$33/\$43
39159	4:45-5:45pm	Tu	Oct 28-Dec 16	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

#### Stagecoach Community Center: Activity Room

**Instructor:** Colleen Phillips

**Age:** 9Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38490	4:00-5:00pm	W	Sep 10-Oct 15	6c	\$33/\$43
38491	4:00-5:00pm	W	Oct 29-Dec 17	7c	\$44/\$54

## Jazz III-IV

**Teacher Discretion:** Prerequisite of 2 years of Tap & Jazz II or the mastery of Level 2 curriculum. Jazz warm ups, floor stretches, jazz plies and across the floor combinations of kicks, turns and double and triple pirouettes. Hip Hop is incorporated into some of the routines as well as a Fosse style of jazz.

#### Harding Community Center: Recreation Hall

**Instructor:** Colleen Phillips

**Age:** 10Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38767	9:00-10:00am	Sa	Sep 13-Oct 18	6c	\$33/\$43
38768	9:00-10:00am	Sa	Nov 1-Dec 20	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

## Jazz IV-V

**Teacher Discretion:** Level IV-V is an advanced jazz class. The flow of the class will be determined by the class. Multiple turns with changing spots will be taught and advanced jumps such as C-jumps and switch center leaps. Emphasis on combinations, performance, personal style and technique.

**Place:** Calavera Hills Community Center: Activity Room

**Instructor:** Colleen Phillips **Age:** 12Y - 18Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38754	6:45-8:00pm	Tu	Sep 9-Oct 14	6c	\$33/\$43
38755	6:45-8:00pm	Tu	Oct 28-Dec 16	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

**Stagecoach Community Center: Activity Room**

**Instructor:** Colleen Phillips **Age:** 12Y - 18Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38493	5:00-6:00pm	W	Sep 10-Oct 15	6c	\$33/\$43
38494	5:00-6:00pm	W	Oct 29-Dec 17	8c	\$44/\$54

## Leaps & Turns: Beginning

This beginning class will focus specifically on leaps and turns combinations. Technique, flexibility and strength will be pushed all year to further dancer's skills. This will be a no-recital class for the younger dancer.

**Harding Community Center: Auditorium**

**Instructor:** Kaitlin Collins **Age:** 7Y - 9Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
39156	5:15-6:15pm	F	Sep 12-Oct 17	6c	\$33/\$43
39157	5:15-6:15pm	F	Oct 31-Dec 19	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

## Leaps & Turns: Intermediate/Advanced

**Teacher Discretion:** This class will focus specifically on leaps and turns combinations. Technique, flexibility and strength will be pushed all year to further dancers' skills.

**Harding Community Center: Recreation Hall**

**Instructor:** Colleen Phillips **Age:** 11Y - 18Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38497	4:15-5:15pm	F	Sep 12-Oct 17	6c	\$33/\$43
38498	4:15-5:15pm	F	Oct 31-Dec 19	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

## Line Dance

### New Beginners

This class is for new beginners who have no or very minimal line dance experience. Students will learn basic line dance steps and terminology that will be incorporated into learning dance choreography regularly. Music will vary from country to Latin, pop, oldies, disco, etc. New steps will be introduced as the sessions progress. As we learn new dances, those previously learned will be reviewed as well. This is a good fun exercise activity.

**Senior Center: Activity Room**

**Instructor:** Barbara Miranda **Age:** 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38683	7:00-8:00pm	M	Sep 22-Oct 20	5c	\$25/\$35
38684	7:00-8:00pm	M	Nov 3-Dec 8	6c	\$25/\$35

## High Beginner

This class is geared to the line dancer who has learned steps in the beginner sessions and has a good understanding of line dance terminology. Dances taught will mainly be new current choreography and the focus level is high beginner/intermediate, or improver dances with some degree of challenge. Dance steps are broken down for learning. We will dance to various music genres. Students can work up to solid intermediate/advanced level dancing. This is good mental and physical exercise. Drop in fee is \$6 per class

**Senior Center: Activity Room**

**Instructor:** Barbara Miranda **Age:** 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38687	5:30-6:45pm	W	Sep 24-Oct 22	5c	\$25/\$35
38688	5:30-6:45pm	W	Nov 5-Dec 10	6c	\$25/\$35

## Intermediate/Advanced

This class is for the solid intermediate/advanced level dancer. New dances will be taught regularly, especially choreography that is current with the international line dance community and dance event conventions. Some dances will be challenging. Music will be varied. Join us for the latest up to date dances and a good workout. Drop in fee is \$6 per session.

**Senior Center: Activity Room**

**Instructor:** Barbara Miranda **Age:** 14Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38689	6:45-8:45pm	W	Sep 24-Oct 22	5c	\$30/\$40
38690	6:45-8:45pm	W	Nov 5-Dec 10	6c	\$30/\$40

## Recreational Dance Program

These dance classes are available for open enrollment and do not have any priority for currently enrolled students. These classes are for the student who wants to dance for fun without the commitment of staying in the class all year. Please register for all the classes that you would like to participate in.

### Pre-Ballet

**Harding Community Center: Recreation Hall**

**Instructor:** Kaitlin Collins **Age:** 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38499	12:15-1:00pm	F	Sep 12-Oct 17	6c	\$33/\$43
38500	12:15-1:00pm	F	Oct 31-Dec 19	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

### Ballet-Tap Combo

**Harding Community Center: Auditorium**

**Instructor:** Kaitlin Collins **Age:** 4Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38505	1:00-2:00pm	F	Sep 12-Oct 17	6c	\$33/\$43
38506	1:00-2:00pm	F	Oct 31-Dec 19	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

### Pre-Ballet

**Harding Community Center: Recreation Hall**

**Instructor:** Kaitlin Collins **Age:** 3Y - 6Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38501	2:00-3:00pm	F	Sep 12-Oct 17	6c	\$33/\$43
38502	2:00-3:00pm	F	Oct 31-Dec 19	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>



## Social Dance ♥

### American Tango

A most romantic and dramatic dance. . . The Tango! This easy 'walking' dance has all the style you've seen in the passionate dance scenes in 'Scent of a Woman' and 'True Lies'. In this course, you will learn rhythm, steps and combinations that will get you on the dance floor in no time. Beginner and Beginner Intermediate levels; no practice partner necessary. A \$5 materials fee is due to the instructor on the first day of class.

#### Harding Community Center: Recreation Hall

**Instructor:** Christy Johnson **Age:** 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38710	7:30-9:00pm	W	Sep 10-24	3c	\$40/\$50

### West Coast Swing

This smooth and bluesy swing dance is the official dance of California! Join us in learning or reviewing basic dance patterns in a fun, relaxed atmosphere. It's also great exercise! We will focus on rhythm, steps and combinations and have you swingin' in style! Beginner and beginner intermediate levels; no practice partner necessary. A \$5 materials fee is due to the instructor on the first day of class.

#### Harding Community Center: Recreation Hall

**Instructor:** Christy Johnson **Age:** 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38711	7:30-8:30pm	W	Oct 1-22	4c	\$40/\$50

### Salsa & Merengue

The hottest two dances in Southern California nightclubs ... You've got to learn these two! Join us in learning or reviewing basic dance patterns in a fun, relaxed atmosphere. It's also great exercise! We will focus on rhythm, steps and combinations and have you steppin' out in style. Beginner and beginner intermediate levels; no practice partner necessary. A \$5 materials fee is due to the instructor on the first day of class.

#### Harding Community Center: Recreation Hall

**Instructor:** Christy Johnson **Age:** 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38712	7:30-8:30pm	W	Oct 29-Nov 19	4c	\$40/\$50

### Cha-Cha

This is one of the most popular dances all over the world since the early 1960's. It has a fun and common rhythm that is easy to learn and do to so many classic and contemporary Latin songs! We will focus on rhythm, steps and combinations in this course. Beginner and Beginner Intermediate levels; no practice partner necessary. A \$5 materials fee is due to the instructor on the first day of class.

#### Harding Community Center: Recreation Hall

**Instructor:** Christy Johnson **Age:** 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38713	7:30-9:00pm	W	Dec 3-17	3c	\$40/\$50

## Tap & Jazz I: Beginning ♥

This class is designed to encourage young children to move and sing to a variety of styles of music and songs. The class time is divided in half starting with Tap, where they learn basic technique steps like shuffles, flaps, buffalos, maxi-fords, Lindys and traveling steps as well. This is done to a variety of music. The second half of the class is focused on Jazz which gives them an opportunity to stretch their muscles and learn to isolate the different parts of their bodies.

#### Calavera Hills Community Center: Activity Room

**Instructor:** Colleen Phillips **Age:** 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38513	1:00-1:45pm	Tu	Sep 9-Oct 14	6c	\$33/\$43
38514	1:00-1:45pm	Tu	Oct 28-Dec 16	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

#### Harding Community Center: Auditorium

**Instructor:** Linda Wilkerson **Age:** 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38507	2:00-2:55pm	M	Sep 8-Oct 6	5c	\$27 <sup>50</sup> /\$37 <sup>50</sup>
38508	2:00-2:55pm	M	Oct 27-Dec 15	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

#### Harding Community Center: Auditorium

**Instructor:** Linda Wilkerson **Age:** 5Y - 6Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38510	2:00-3:00pm	Tu	Sep 9-Oct 14	6c	\$33/\$43
38511	2:00-3:00pm	Tu	Oct 28-Dec 16	6c	\$33/\$43

#### Stagecoach Community Center: Activity Room

**Instructor:** Colleen Phillips **Age:** 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38515	12:45-1:30pm	W	Sep 10-Oct 15	6c	\$33/\$43
38516	12:45-1:30pm	W	Oct 29-Dec 17	8c	\$44/\$54

## Tap & Jazz I ♥

The class time will be divided in half starting with tap exercises using the Ballet barres for balance at first and then gradually advancing to the center floor. The second half of class will focus on jazz exercises done in the center to help strengthen and stretch muscles.

#### Harding Community Center: Auditorium

**Instructor:** Linda Wilkerson **Age:** 6Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38517	3:00-4:00pm	Tu	Sep 9-Oct 14	6c	\$33/\$43
38518	3:00-4:00pm	Tu	Oct 28-Dec 16	6c	\$33/\$43

## Tap & Jazz I-II ♥

**Teacher Discretion:** Level I-II dancers will continue to add to what they have learned. They will spend the first 35 minutes of class focused on jazz. Faster isolations and added arms will be emphasized. Battements, balancing, chaine turns and alternating chasses with further stretching will also continue. The second part of class will focus on tap.

#### Calavera Hills Community Center: Activity Room

**Instructor:** Colleen Phillips **Age:** 4Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38523	2:00-2:55pm	Tu	Sep 9-Oct 14	6c	\$33/\$43
38524	2:00-2:55pm	Tu	Oct 28-Dec 16	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

**Stagecoach Community Center: Activity Room****Instructor: Colleen Phillips****Age: 4Y - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38527	1:45-2:40pm	W	Sep 10-Oct 15	6c	\$33/\$43
38528	1:45-2:40pm	W	Oct 29-Dec 17	8c	\$44/\$54

**Tap & Jazz II: Beginning** ♥

Beginning Tap & Jazz II will foster the enjoyment of dance, music and movement in children. They will spend 35 minutes working on jazz, which consists of isolations, battements, and chasses. Dancers will also learn to point and flex their toes, stretch, clap and keep in time with the music. The tap portion consists of 25 minutes. Dancers will learn to do shuffles, flaps, flap heels, toe taps, and heel drops all in various combinations with the music.

**Harding Community Center: Auditorium****Instructor: Colleen Phillips****Age: 5Y - 8Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38529	8:00-8:55am	Sa	Sep 13-Oct 18	6c	\$33/\$43
38530	8:00-8:55am	Sa	Nov 1-Dec 20	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

**Tap & Jazz II** ♥

**Teacher Discretion:** prerequisite of 1 year of Tap and Jazz and the mastery of Tap and Jazz I curriculum. Tap exercises begin center floor and are faster and more complicated than the previous level. The students have mastered all basic tap skills and are ready for more challenging rhythms and steps. Various time steps and breaks are taught and pullbacks and wings are introduced.

**Harding Community Center: Auditorium****Instructor: Linda Wilkerson****Age: 7Y - 12Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38531	2:55-3:55pm	M	Sep 8-Oct 13	6c	\$33/\$43
38532	2:55-3:55pm	M	Oct 27-Dec 15	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

**Stagecoach Community Center: Activity Room****Instructor: Colleen Phillips****Age: 5Y - 7Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38533	3:45-4:40pm	Th	Sep 11-Oct 16	6c	\$33/\$43
38534	3:45-4:40pm	Th	Oct 30-Dec 18	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

**Tap & Jazz III** ♥

**Teacher Discretion:** Level III students will spend two thirds of the class focused on jazz. Emphasis on strengthening and flexibility as well as advanced jumps and turns will be introduced. Large second jumps, axles, chaine turn combinations, battement combinations, tilts and leg lifts will be introduced. The last part of class will focus on tap. Traveling time steps, wings, turning maxi fords/buffalos and pull backs will be introduced.

**Harding Community Center: Auditorium****Instructor: Linda Wilkerson****Age: 11Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38721	4:00-5:00pm	Tu	Sep 9-Oct 14	6c	\$33/\$43
38722	4:00-5:00pm	Tu	Oct 28-Dec 16	6c	\$33/\$43

**Tap & Jazz III-IV** ♥

**Teacher Discretion:** Level III-IV dancers will build on previous dance experience with focus on proper body placement. The flow of tap and jazz will be determined by the class. Proper dance attendance is a must. Dancers will learn multiple and advanced turns such as pikes, fouettes, and triple pirouettes. They will also be introduced to illusions, switch leaps, and lay outs.

**Stagecoach Community Center: Activity Room****Instructor: Colleen Phillips****Age: 11Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38761	6:45-8:15pm	Th	Sep 11-Oct 16	6c	\$49/\$59
38762	6:45-8:15pm	Th	Oct 30-Dec 18	7c	\$57/\$67

**Tap & Jazz IV** ♥

**Teacher Discretion:** Level IV will continue to focus on turns, switch leaps, six step turns, developpes, stretching while holding, and core strengthening. Combinations will be introduced in both the tap and jazz portion of the class. Creativity and self expression is encouraged. The flow of tap and jazz is to be determined by the class.

**Harding Community Center: Auditorium****Instructor: Linda Wilkerson****Age: 13Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38728	5:00-6:00pm	Tu	Sep 9-Oct 14	6c	\$33/\$43
38729	5:00-6:00pm	Tu	Oct 28-Dec 16	6c	\$33/\$43

**Stagecoach Community Center: Meeting Room 1****Instructor: Colleen Phillips****Age: 12Y - 18Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38726	6:00-7:15pm	W	Sep 10-Oct 15	6c	\$33/\$43
38727	6:00-7:15pm	W	Oct 29-Dec 17	7c	\$44/\$54

**Tap: Beginning** ♥

In this Beginning Tap only class, dancers will learn cramp rolls, maxi-fords, buffalos, as well as time steps, shuffle toe heel and shuffle heel toe. As they progress, traveling time steps, wings, turning maxi-fords/buffalos and pull backs will be introduced.

**Calavera Hills Community Center: Meeting Room 2****Instructor: Kaitlin Collins****Age: 7Y - 9Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38519	6:30-7:30pm	M	Sep 8-Oct 13	6c	\$33/\$43
38520	6:30-7:30pm	M	Oct 27-Dec 15	8c	\$44/\$54

**Harding Community Center: Auditorium****Instructor: Kaitlin Collins****Age: 7Y - 9Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38537	4:15-5:15pm	F	Sep 12-Oct 17	6c	\$33/\$43
38538	4:15-5:15pm	F	Oct 31-Dec 19	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

**Teacher Discretion** has been established for the safety of the participant as well as for the enjoyment of the class. A minimum skill set is required to attend a teacher discretion class and enrollment is available on a priority basis only.

## Tap: Intermediate ♥

**Teacher Discretion:** In this Intermediate, tap only class, dancers will continue to learn and perfect cramp rolls, maxi-fords, buffalos, as well as time steps, shuffle-toe heel and shuffle-heel toe. Traveling time steps, wings, turning maxi-fords/buffalos and pull backs will be perfected.

### Calavera Hills Community Center: Meeting Room 2

**Instructor:** Kaitlin Collins

**Age:** 9Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
39160	7:30-8:30pm	M	Sep 8-Oct 13	6c	\$33/\$43
39161	7:30-8:30pm	M	Oct 27-Dec 15	8c	\$44/\$54

### Harding Community Center: Auditorium

**Instructor:** Kaitlin Collins

**Age:** 9Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38535	3:15-4:15pm	F	Sep 12-Oct 17	6c	\$33/\$43
38536	3:15-4:15pm	F	Oct 31-Dec 19	7c	\$38 <sup>50</sup> /\$48 <sup>50</sup>

## "Live A Healthy Life ... Recreate"

The Recreation Department helps people to "Live a Healthy Life ... Recreate." Look for the ♥ within this guide to locate classes or activities that offer a health and wellness benefit to the participant.

One of the most important issues communities face today is a staggering increase in the rates of obesity and chronic disease. Throughout San Diego County, parks and recreation agencies have joined together in a campaign to create healthy communities and provide extended opportunities for residents to be physically active. For more information on the Greater San Diego Recreation and Parks Coalition for Health and Wellness, please contact Lori Swenck at 602-4680.

# Early

## Baby Brain Power

Learn how to develop your baby's brain power, meet other moms (dads, grandparents and other caregivers are welcome), and receive answers to your burning questions when you join Child Whisperer, Marla Elliott for this informative class. Dress comfortably, we will be sitting on the floor. An \$8 materials fee is due to the instructor on the first day of class. This class is designed for babies who are not crawling.

### Harding Community Center: Recreation Hall

**Instructor:** Marla Elliott

**Age:** 1M - 6M

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38662	10:45-11:45am	W	Oct 8-Nov 5	4c	\$40/\$50

## Creative Arts For Kids

'It's the process, not the product!' Children will have fun with paint, glue, paper, clay and more. Children can explore four different activities each week, get messy (or not!) and create 'masterpieces' to bring home. Class includes a closing circle time with a book and songs. Parent/adult supervision is required. A \$10 materials fee is due to the instructor on the first day of class.

### Calavera Hills Community Center: Meeting Room 1

**Instructor:** Jan St. Marie

**Age:** 2Y - 4Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38603	9:00-10:00am	F	Sep 12-Oct 17	6c	\$45/\$55
38604	9:00-10:00am	F	Oct 31-Dec 12	6c	\$45/\$55

### Stagecoach Community Center: Meeting Room 1

**Instructor:** Jan St. Marie

**Age:** 2Y - 4Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38601	9:00-10:00am	Tu	Sep 9-Oct 14	6c	\$45/\$55
38602	9:00-10:00am	Tu	Oct 28-Dec 16	6c	\$45/\$55

## Explore the World of Dinosaurs

Put on your imagination cap as we go exploring the world of dinosaurs. We will dig for fossils, hunt for eggs, and follow dinosaur tracks during our adventure together. Each week you and your child will listen to a story and create a project based on our theme. Dress in clothes that can get dirty and join the fun. A \$8 materials fee is due to the instructor the first day of class.

### Harding Community Center: Recreation Hall

**Instructor:** Marla Elliott

**Age:** 2Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
38661	10:45-11:45am	W	Sep 10-Oct 1	4c	\$40/\$50